

WHAT THE HEALTH!?

Prescription Drug Safety

Is your medicine cabinet full of expired drugs or medications you no longer use? Your medicine is for you. What's safe for you might be harmful for someone else. You can dispose of your expired, unwanted, or unused medicines by using one of the medication drop boxes in Tioga County.



Medication Drop Boxes in Tioga County:

Tioga County Sheriff

103 Corporate Drive, Owego, NY
(607) 687- 1010

Owego Police Department

90 Temple Street, Owego, NY
(607) 687- 2233

Waverly Police Department

32 Ithaca Street, Waverly, NY
(607) 565-2836

Apalachin Pharmacy

6845 State Route 434, Apalachin, NY
(607) 625-2129

To see the full list of Medication Drop Boxes, Sharp Drop Boxes, and Agencies and Pharmacies that Dispense Narcan, please go to the Tioga County Public Health Website!

Winter & Holiday Fire Safety



Winter Fire Safety

- ❖ Home fires occur more in the winter than any other season.
- ❖ Only plug in one heat-producing appliance into an electrical outlet at a time.
- ❖ Install and test carbon monoxide alarms every month.
- ❖ Don't forget to test your smoke alarms!



Holiday Fire Safety

- ❖ Be careful with holiday decorations. Choose decorations that are flame resistant or flame retardant.
- ❖ Keep decorations away from windows and doors.
- ❖ Make sure your Christmas tree is at least 3 feet away from any heat source like fireplaces, radiators, candles, heat vents, or lights.
- ❖ Never use lit candles to decorate your tree.

Holiday Lights

- ❖ Some lights are only for indoor or outdoor use, so check the package before you use them.
- ❖ Replace any string of lights that are worn or have broken cords or loose bulbs.
- ❖ Read the manufacturer's instructions for maximum number of light strands you can connect.
- ❖ Use clips, not nails, to hang lights so the cords do not get damaged.
- ❖ Turn off all light strings and decorations before leaving the home or going to bed.



Candle Safety

- ❖ Keep children and pets away from lit candles.
- ❖ Keep lit candles away from decorations and other things that can burn.
- ❖ Keep matches and lighters up high and in locked cabinets.
- ❖ Blow out lit candles when you leave the room or go to bed.



Have a Happy & Healthy Holiday Season!

December 2018



When You Get the Flu Shot You Don't Just Protect Yourself.
YOU PROTECT EVERYONE AROUND YOU!

